

UNITY DAILY WORD

A Page of Sunshine for Every Day



Revealing the way to
HEALTH. HAPPINESS and PLENTY

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A Copy

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AFFIRMATIONS USED BY SOCIETY OF SILENT UNITY

August 20 to September 19

My understanding is restored, and the Holy Spirit gives me the light of life.

I have new life in Christ and I am healed.

Omnipresent Spirit substance loves to manifest itself as my prosperity.

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UNITY DAILY WORD

A little companion that daily directs your steps to the sun-tipped heights in whose glory you shall behold yourself as a son of God; for such you are.

Nonsectarian. Published monthly.

F. B. WHITNEY, *Editor*

Editorial suggestions and comments may be addressed to Editor of UNITY DAILY WORD, % Unity School of Christianity, 917 Tracy Avenue, Kansas City, Mo.

HAPPINESS IN FORGIVENESS

There is nothing more conducive to
happiness,

And nothing more proper for a man
of power and energy,

Than forgiveness in every place and
at all times.

—Mahabharata.

HIS WILLINGNESS

ELSIE DUNCAN YALE

I do not anxiously have to implore Him,

As if my Lord reluctantly would bless;

I only have to lay my need before Him

And then lay hold upon His willingness.

I do not have to beg that He will hear me,

As if He were in some far distant place;

I stretch my hand to One who's very near me,

Accept the waiting riches of His grace.

So for each loving promise He has made me

My gratitude all humbly I express,

Give thanks that He is always sure to aid me,

And just take hold upon His willingness.

MAN'S CENTER OF POWER

FORTUNATE is the individual who has come to realize that the center of all his power lies within himself. He realizes that the Spirit of God abides within him and that from this Spirit emanates the power of wisdom, peace, love, joy, health, and success. He becomes master of his world when he comes to the realization that within him is the very seat of mastery and authority.

Unfortunate is the person who thinks that power is centered somewhere in the world about him. He finds himself in difficulties because he believes that persons and things of the external world have power over him. He is continually in difficulty because he believes that the misfortunes, adversities, and diseases of the world have power to enter into him and his life and overcome him.

We can readily see that the success and joy of our life depend a great deal on where we locate the center of power. We can see that if we locate it apart from us, we in a sense confess to ourselves that we are powerless, that we have no power over the seemingly adverse conditions of the world. Possibly the greatest work done through the promulgation of Truth is that of revealing to man where the center of power lies, and convincing him of it.

A study of the Bible reveals to us such passages as "Greater is he that is in you than he that is in

the world." We are prompted to turn to the Spirit of God within us and realize its supremacy when the world about us would seem to have power over us. Greater is the power of God abiding within us as health and love than the power of the world which is unlike God. Stronger is He that lives within us as our mastery and strength than the strength of the world which would attempt to turn us from Truth and from God.

The power centered within man is but the power of God adapting itself to his needs. It is the power quickened through prayer. It is the power that increases as man thinks less of the power of the world and more of the power of God. It is the power that he eventually comes to know as all power, since it is God's power prevailing over the presumption of the world as power.

Do you not realize that if you want to be relieved from disease you must know that it has no power over you? You must free yourself from the thought that something of the world has power over your life. You need to realize that within you is the power of your health, life, and strength. That power is God.

If you want to succeed, to prosper, you need to know that there is no power in the world that can prevail against you. "Greater is he that is in you than he that is in the world." Greater is your inner

Spirit of progress, advancement, prosperity, and success than any power outside you that you previously believed to have power to impede your progress and cause you to fail.

Within you is the power that is mightier than the so-called power of worldly things. Nothing in all this world can prevail against you when you know this truth. The Spirit of God gives you mastery over sin, evil, hate, fear, failure, and death. You succumb to adversity only when you cease to realize the truth of your inner power. You become diseased when you are overcome with the belief in disease to the exclusion of the truth of the power of God as your health. You become whole and well when you realize that the power of God within you to make you whole and well is mightier than any belief in disease.

Man's power can have no rival when he believes it to be centered within him. We often hear man spoken of as his own worst enemy, and certainly there is no time when he is seen to be working to such disadvantage to himself as when he believes that persons and things of the world have power to prevail against his own spirit.

God is all the power there is in Truth. He is the power of good, the power of health, the power of love. There can be no power in anything unlike God, since no power can prevail against His omnipotence.

GIVE YOURSELF A CHANCE

DO YOU GIVE yourself the "breaks"? There are those who seemingly never give themselves a chance to succeed. They go for years and years at a time thinking and acting contrary to their best interests and lamenting that they do not get along. According to a new expression, they just do not give themselves the "breaks." Conditions cannot improve for them because in their own heart they work against their best interests. Here is a statement they should take for their slogan:

I refuse to think any thought contrary to my highest good.

Do you need a statement like this? Are you continually thinking, speaking, and acting contrary to your own interests? Refuse to think anything or do anything that is in opposition to your good. Refuse to believe anything about yourself that does not measure up to the highest standard. Refuse to accept any thought about your life or your work that limits it in any way.

Have you some one in your family or in your office who wonders why he does not get along yet thinks and speaks against his own progress? Do you know people who want to succeed and yet do not realize that they can succeed only by their own consciousness of success? Such people need to learn to give themselves a chance. They need to learn to

think, speak, and act in line with their highest good.

Our affairs take on the character of our own thought. If we think in terms of lack and failure, our affairs take on an air of lack and failure. We can see how futile it is for us to expect our affairs to prosper if we are charging them with our thoughts of failure. We can see that the individual who wants a better position must expect it to come through his own consciousness of progress and success, not through another's efforts.

The invalid who uses a metaphysical prayer for five minutes and then spends the rest of the day thinking and speaking in terms of negation, adversity, and disease cannot expect much of his metaphysical prayer. He does not give himself a chance. He does not give God a chance to help him. We cannot put much into a metaphysical prayer or treatment, nor can we expect to get much out of it if we do not give it the sustaining power of our own constructive thought.

If the invalid would refuse to think any thought about disease while trying to recover his health, he would soon find himself on the way to health. Not thinking any thought contrary to health, he would begin charging his body with strong health thoughts.

Many a young man hoping to get along in the world does not succeed because he keeps his mind so filled with thoughts of failure, thoughts of how

other persons work against him, thoughts of the futility of effort, thoughts of antagonism to his work that he just cannot succeed. His superiors do not wish to advance him, because they would not want his adverse thought to spread throughout their business.

The average person does not give himself a chance. Many, many persons allow themselves to become so moody with adverse thought that success is impossible for them. They need to take a positive thought like this:

I go forth this day thinking only positive, creative, and constructive thoughts.

Have you ever given yourself a day of only positive and creative thinking? One day of this would make you want to have many days or a lifetime of it. Such a day would be freedom from your negative thoughts, thoughts contrary to your highest good. It would be a day dedicated to constructive thinking.

Go forth today in the assurance that you can think constructively, that you will think only such thoughts as are in keeping with your highest good. Go with the conviction that no negative or adverse thought can lodge in your mind, that you will not entertain any thought contrary to your good. Cease to believe anything that is contrary to your best interests.

Give yourself a chance to express the best in life, a chance to receive the choicest blessings of God.

THE PRESENCE OF CHRIST

THOSE WHO abide in the presence of Christ live in the realization that they have within them and about them the very presence of good in which nothing of evil can enter or exist. This is the presence of the Spirit of God that Jesus felt and that gave Him Christhood.

All students of Christianity hope in some measure to sense the power and presence of Christ. Many persons have so consecrated and disciplined themselves that they can easily feel this presence in time of danger or need. There are those who in time of pestilence and contagion easily and readily turn to the presence of Christ and find in it their security and health.

The evil person is one who lives in the thought of evil to the exclusion of the thought of good. The Christian should so live in the thought and presence of Christ that there is no room in his thought or in his life for any un-Christlike thought or experience. To the Christian the presence of Christ should be something quite tangible, something that his spiritual senses can see, hear, and feel as vividly as if it were an outer experience.

Living in the presence of Christ, experiencing only the good in its various phases, is something that all persons must aspire to in their spiritual development. We as Christians should feel that day by day

we are growing in the consciousness that in Truth there is only Christ. There must be less and less of evil in our thought and experience. There must be less and less concession to the un-Christian belief in something that has power to withstand the power of Christ.

The presence of Christ is experienced first in prayer but not confined entirely to prayer. We must learn to sense the presence of Christ in all that we do, wherever we go. Nothing in our experience must exclude Christ for a moment. To exclude Christ from our life when He wants to come into it is to deny Him a place when in turn we want Him to come to us and abide with us.

Saint Augustine said: "Thou hast made us for Thyself, O my Saviour, and our hearts shall not rest until they rest in Thee." Man's experience is that of eternal longing and searching for something, for satisfaction. Man searches for this in the world about him just as he would look for something that has long been lost. He may even think he has found Christ and experience temporary happiness, but if to him Christ is something apart from and external to him his happiness is short-lived.

We live in the presence of Christ when we no longer believe that evil can be present in our life. Our whole thought is directed to Christ and we cease to think of anything that does not glorify Him.

HEALTH OUR HERITAGE

QUITE OFTEN there are those who think of health as an abnormal state since there are so many kinds of disease. Health seems to be the exception. In some communities finding a healthy person is almost like finding the proverbial needle in a haystack. We might almost think that health is unnatural, disease man's natural estate.

To lay hold of our heritage of health we must see to it that we entertain no thought emphasizing disease in our consciousness. We must keep thinking of health as our heritage, as our natural state. All our thought with regard to bodily health must be positive and affirmative. There must be no concession to the race belief in disease. Certainly we cannot think that man is subject to disease, must submit to it, must be overcome by it, if we are to keep in mind the truth that health is our divine birthright.

God intended man to be perfect, whole, and well. Man works contrary to God when he thinks otherwise or when he does not regard himself as perfect, whole, and well. When he speaks of any man as diseased, when he sees this or that person as diseased, he speaks and sees something that is not in God's great universal plan. Man can be restored to health only when he is restored to the consciousness of health. "They shall return unto Jehovah, and he will be entreated of them, and will heal them."

The person who has a health problem has a problem in consciousness only. He does not readily perceive the truth about health, about his own health. He fails to understand that health is his normal and natural estate. He lacks in consciousness the conviction that health, not disease, is his heritage from his Father.

Getting the consciousness of health calls for several things: thinking health, speaking words of health, feeling and sensing the Spirit of health within us. Our thoughts and words must be of health, not disease, if we are to demonstrate health. We must become so engrossed in thinking of health that we feel and sense the life stream within us and become more conscious that life and health are being quickened within us.

The realization of health is not difficult to acquire. Many persons seem to get the realization of disease quite easily and to hold to it quite tenaciously. If they would but turn to the realization of health and hold to it just as firmly as they do that of disease, they would soon find themselves healed.

The person who has a heritage of rich lands guards and protects it. The individual who wants to acquire or maintain a consciousness of health must be just as diligent in guarding and protecting it from thoughts of disease and adversity.

UNATTAINED

DELLA ADAMS LEITNER

Oh, I miss so much when I fail to go
To the quiet room, to the place apart,
There to hear the voice of the Master speak
In His tender words to my waiting heart.
Oh, I miss so much and the tasks are hard,
And the road is weary and rough and long,
And the clouds are heavy and dark the day
When it might be filled with a joyous song.

Oft too rushed to pause for the hour of prayer,
For the sweet communion that fills the soul
With a sense of freedom and peace; to know
Of His gracious presence that makes me whole.
Soon the eventide brings a sad regret
For the loss sustained and the blessing missed,
And my prayer repentant is this: "Dear Lord,
Make me faithful, true, in my daily tryst."

TUESDAY, SEPTEMBER 1

*The peace of Christ fills my heart and I
radiate peace to the world.*

EARLY in the morning dedicate yourself to peace. Turn to the presence of Christ within you and become so interested in Him that you lose all connection with inharmonious situations of the world. Find in Christ the peace that overcomes inharmony.

The peace of Christ abides in your heart when there is no longer any thought of inharmony in your mind. You enter the consciousness of peace when you no longer entertain thoughts that work against peace. You can see that you decide for yourself whether or not you have peace.

Think of Christ within you as your peace. When persons or things of the world about you are inharmonious, keep your thought off them. Think of Christ. Think of His peace as filling your world to the exclusion of all else. Realize that the presence of Christ within and about you is your peace.

When you rely upon the peace of Christ, nothing in all this world can take your peace from you. Inharmony cannot exist in your world when your whole thought is given to the omnipresence of Christ.

He [Christ] is our peace.—EPH. 2:14.

WEDNESDAY, SEPTEMBER 2

*Centering my faith in God, henceforth I
have faith in only the good.*

THERE are those who believe in evil and those who have faith in God. By their belief or faith both classes establish either evil or good in their life. Men soon find that they cannot believe in two opposite things at the same time. If they have faith in God, the good, they cannot believe in evil.

The quality of your faith, shown by its object, determines the quality of your life. If you believe in evil, you set into operation certain psychological laws that bring evil into visibility in your life. Evil is your reward for thinking in terms of evil. If you have supreme faith in God, the good, you find good omnipresent in your life and in your world. God rewards you for faith in Him by making Himself visible throughout your world.

Faith in God causes two things to happen in our life: evil ceases to appear and good comes more into evidence. Our faith in good causes us to behold the prevalence of good. We find through our faith that God prevails as omnipresent good. Beliefs contrary to the truth about God are dropped from mind as we become more firmly established in our faith in God.

Jehovah preserveth the faithful.—PSALMS 31:23.

THURSDAY, SEPTEMBER 3

I am not afraid, because the Spirit of God fills me with sufficient courage to master any situation.

IF WE need courage, we have but to direct our attention to our indwelling Spirit of fearlessness. We have but to exchange thoughts of fear for thoughts of Truth and courage. Fear is never objective, always mental. We have but to change our mind in order to get rid of fear. We need but supplant fear with courage.

The fearful person believes that situations of the world have power to harm him. He relies very little upon the indwelling Spirit of courage. He thinks of the world about him as having power over his affairs, power to throw them into a state of disorder and adversity. The state of affairs of the world establishes for him either a state of fear or fearlessness.

Do you not see that when your mind is cleared of the thought of fear things of the objective world can no longer terrify you? Fear disappears from your world when it is eradicated from your mind. When your mind loses its fear, things of the world lose their power to instill fear in you.

Being therefore always of good courage.—II COR. 5:6.

FRIDAY, SEPTEMBER 4

The Spirit of God now prevails in my consciousness and makes me patient in all my experiences.

WE MAY know by our patience that we have found God. We realize that all is well. We find that our experiences do not leave us confused. We lose the sense of hurry and doubt and trust God patiently, knowing that He will bring us out of all our experiences and make us master of them.

The Spirit of God dwelling within us gives us a sense of assurance and certainty. Things of the world cannot baffle us or find us unprepared to meet them when we have patience. We realize that God is working in His own quiet but certain way to deliver us from confusion and adversity and put our feet on higher and firmer ground.

The presence of Spirit is at once the presence of patience. Things and other persons cannot make us impatient when our whole attention is given to God. With our patience established in God we are assured that only good can come into our life. We are assured that God in the midst of us is mighty to prevail over all things of the world.

Bring forth fruit with patience.—LUKE 8:15.

SATURDAY, SEPTEMBER 5

*I now give expression to the love of God,
welling up within me.*

TODAY we are to love. We are to let God's love be expressed through us. We are to let His wisdom direct us in our loving. We are to love in order to let more love from God have expression. We are to seek to feel just what God's love is for us that we may express our own love toward those about us.

Do you not see that the first step in loving is to let God express Himself through you? Unless you give up unloving thoughts, you cannot hope to let God love through you. Unless you are an open channel for God's love, you cannot be receptive to it. Love cannot be expressed through you unless you are willing to let every barrier be pushed aside.

God's wisdom helps us to express love wisely. We need wisdom in expressing love, else our love becomes misdirected. We should not make the mistake of not loving at all for fear of loving unwisely. Our love must have expression, else God in us cannot express Himself through us. We have to let Him do His perfect work.

*Yea, I have loved thee with an everlasting love.—JER.
31:3.*

SUNDAY, SEPTEMBER 6

I know neither worry nor anxiety, since I have placed all my affairs in the keeping of God.

THERE IS but one way to get rid of anxiety: place all your affairs in God's hands. When you are inclined to worry, you show that you do not trust God. Your worrying shows that you are looking at things without considering God, His power, His love for you.

The anxious person lives apart from God. His anxiety shows full well that he does not trust God. He becomes anxious because his sense of separation from God makes him feel insecure. He does not realize that to put his affairs in the keeping of God means to free himself automatically from all sense of worry.

We cannot trust God and go on worrying at the same time. Likewise when we worry we can know that we are not trusting Him. We take anxious thought when our thought is not upon God. Our anxiety reveals to us that we must draw nearer to Him and give ourselves and all that we have into His keeping. Are you worried today? Direct your thought to God.

In nothing be anxious.—PHIL. 4:6.

MONDAY, SEPTEMBER 7

God approves of the work that I do.

LIVE today in the realization that God works in and through you, approving of whatever you do. Live in the consciousness that your business is God's business and that He manages all your affairs. Realize that the work that you do is the work that God has prompted you to do.

Work is not labor when we take God as our partner. We find that He gives us strength and assumes all responsibilities. We cannot tire of well-doing when we realize that God is backing our efforts with His resources. Our work cannot be servile when we realize that we work hand in hand with God.

Today dedicate your work to God. If your work is something that you feel does not merit God's approval, let Him direct you into some new work that does. Unless you have the inner conviction that God approves of what you do, you cannot put your heart and the best that is in you into your work.

You will get an entirely different conception of work when you view it from the standpoint of Truth. You will see work in a new light.

Study to be quiet, and to do your own business, and to work with your hands, even as we charged you.—I THESS. 4:11.

TUESDAY, SEPTEMBER 8

*The justice of God now prevails in my life
to the exclusion of all belief in injustice.*

TO GET RID of injustice we must take our thought off it. We must cease to believe that we have power to be unjust toward others or that they can be unjust toward us. Injustice loses its force when we no longer sustain it by our thought about it. It ceases to exist in our world when the belief no longer exists in our mind.

Think of God as justice. Translate Him as the only presence and power into terms of the presence and power of justice. Think of no adverse thought as able to interfere with God and His justice. Let Him rule supreme in your world as that justice which makes no compromise with injustice.

We get into the consciousness of injustice when we do not think of God as having any place in our world. We think of men of the world about us as having power to deal unjustly with us. We leave God and His justice out of the picture. Through Truth we learn to take God as justice into our life and to cause His justice to appear.

Let justice be your watchword today. Meet every situation with the thought of justice.

With righteousness shall he judge.—ISA. 11:4.

WEDNESDAY, SEPTEMBER 9

*In the stillness of the presence of God I
find my own perfect stillness.*

IF YOU SEEM to lack a sense of quietness, turn to the presence of God. In Him find the stillness you want. Turn from the disturbance of the world about you to that inner presence of God which is at once the very presence of quietness and stillness.

Things of the world cannot disturb the presence of God within you, neither can they disturb the presence of the quietness within when it is centered in Him. If you would develop a sense of inner quietness, think often of the presence of God. Find in Him the quietness you seek. Keeping your thought upon Him, you will find that things and persons of the world no longer have power to keep you from being quiet.

There is at the very heart of your being a stillness that is unaffected by external things. It is the quietness of the presence of God. You have but to turn to this place and to abide within it in order to find perfect stillness. Great power will emanate from this inner sanctuary of quiet. You will find that through stillness will come power that is of God.

Enter thou into thy chambers, and shut thy doors about thee: hide thyself for a little moment.—ISA. 26:20.

THURSDAY, SEPTEMBER 10

Today I meditate upon God as the principle of Truth, the law of good, upon which my life is established.

CONSIDERING God as law, we realize that we have something that is dependable in our life. We know that the cause and the effect of good exists for us. We realize that when we pray our prayer is scientific, because it is assured through God as law. Our religion cannot be a hit-or-miss proposition when we think of God as law and principle.

Since in Truth there is only God, there is also only His law of good. No law of adversity can prevail against it. No principle of evil can exist, for God as the principle of Truth has no rival or competitor. If we realize this we shall no longer feel that we are under the dominion or government of laws of adversity.

The person who is diseased believes in a law of disease as operating in defiance of the law of God as health. He can only be turned to health when he believes in naught but God as the law of health, the only law of his being.

Jehovah is our judge, Jehovah is our lawgiver.—ISA. 33:22.



LILLIAN MORRIS PLOW

Eye

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So my not,
Be old not
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The jewel c

Eyes of Love

Helen E. Maynard

They say that love is blind. This is not true!
It looks beyond the surface and sees through
To hidden beauties of the heart and mind,
That only one in love would ever find.
The world sees only outer things—
The texture of the skin, or gold-spun hair—
While eyes of love look inward to the soul
And find it shining, radiant, and fair.
So say not, "Love is blind," because your eyes
Behold not treasures some one else has found,
But strain yourself to view God's gift, the soul,
The jewel case where priceless gems abound.

FRIDAY, SEPTEMBER 11

God, the good, is now enthroned in my mind, and I realize that His omnipresence of good fills my life.

WERE we always to realize God's omnipresence of good, there would be no place in our world for what we call evil. Of course we know that good and evil cannot occupy the same place at the same time. When we entertain the thought of good to the exclusion of any thought of evil, we help to establish in our life the presence of good to the exclusion of evil.

As we meditate upon the goodness of God, we find ourselves coming into the consciousness of His omnipresence. We lose sight of our former belief in evil as we give our whole attention to Truth. When God occupies our entire thought, good alone can occupy our world.

The study of Truth is based upon the fact that there is only God. To know this truth is to be assured of freedom from evil in all its guises. Since there is only God in Truth, there can be no evil, sin, fear, disease, or lack in His world. Man causes evil conditions to appear through thinking of them. He needs to think his way back to Truth and God.

I am God, and there is none else.—ISA. 46:9.

SATURDAY, SEPTEMBER 12

*The way of Spirit now opens before me,
and I find it the way that reveals to me my
highest good.*

DO YOU sometimes feel undecided about which way to go, which step to take? Let the Spirit of God reveal your way to you. Turn to your own indwelling Spirit and be directed to the right road. Let the way of Spirit be your own way.

In Truth there is only the way that leads to peace, joy, love, health, and plenty. We can see that Truth recognizes no road of evil and want and destruction. In turning to Spirit the only way we become acquainted with is that which leads us to our highest good.

The way of Spirit, when followed, is sure to reveal to us the blessing we seek. Blessings attend us when we go the way of Spirit. We find it is the road that leads to the fulfillment of our ideals and the consummation of our desires.

Many persons are unhappy because they do not find the right way. They go some way that leads them away from God and at the same time try to find the blessings of God. They need to turn in thought to God, find His way, and walk therein.

I will make straight all his ways.—ISA. 45:13.

SUNDAY, SEPTEMBER 13

My every thought is now directed to the mind of God within me with which I am forever unified.

THROUGH being conscious of our unity with the mind of God we are able to think Godlike thoughts. We turn away from thoughts unfriendly to God and unlike Him. We no longer think of ourselves as separated from God and His mind. We feel that through our high and noble thinking we are able to draw near to God.

Do you think of the mind of God as something foreign to you and your thinking? Do you think of His mind as something that you as His child do not share in? You need but realize that in Truth you are unified with God-Mind and that its thoughts are shared with you when you are in sympathy with it.

Your difficulties in life come through your thinking contrary to God and Truth. This thinking causes you to feel that you live apart from God. Your first step toward identifying yourself with Him must be that of thinking Truth, thinking God's thoughts. You draw closer to God through thinking His thoughts just as you feel closer to a friend whose thoughts you share.

And thy thoughts which are to us-ward.—PSALMS 40:5.

MONDAY, SEPTEMBER 14

*Because God dwells within me I am free
from all bondage and limitation.*

MAN IS in bondage until he comes into the realization that things and persons of the world cannot bind him. He is bound until he realizes that in Truth the very Spirit of God sets him free. His belief in bondage causes him to be bound mentally and physically. The truth of his freedom in God can alone set him free.

Are you in bondage? Do you think of the world about you as having power to limit and to bind? Cease to think of the world as having power to limit you. No longer think of other persons as having power to bind you to adverse conditions.

You will never be perfectly free until you realize your perfect freedom in God. Worldly things will seem to bind you until you realize this truth. Your freedom will date from the time that you realize your freedom in God. The time of your liberation from evil, sin, disease, fear, and failure will date from the time that you realize in your heart that the indwelling Spirit of God is the Spirit of your freedom.

*He that was called in the Lord being a bondservant,
is the Lord's freedman.—I COR. 7:22.*

TUESDAY, SEPTEMBER 15

*The Truth of God now implanted in my
consciousness is the truth of my wisdom,
health, and prosperity.*

DO NOT think of the Truth of God as something abstract or unrelated to you. God's Truth is the truth of your being. That which is true of God in the midst of you becomes the truth by which you live and through which you grow in likeness to Him. The truth of your Father is the truth of your divine sonship.

A study of practical Christianity reveals to us the Truth of God given to man as that which carries him through all situations. Such a study reveals to man the truth of his understanding, joy, love, strength, and success. He finds that there is no truth in adversity as truth is understood in practical Christianity.

The Truth of Christ came through Jesus to suffering humanity. Mankind found in Truth that which is mighty to free man from false conceptions and evil. In fact man's greatest gift from heaven is Truth, because through understanding it man can do all things. Truth frees man from false beliefs and establishes him in that which is his divine birthright: peace, power, and prosperity.

Speaketh truth in his heart.—PSALMS 15:2.

WEDNESDAY, SEPTEMBER 16

*The life of God in me assures me of
bountiful life.*

○ OUR ASSURANCE of bountiful life comes from our realization of the presence of the very Spirit of life within us. Certainly we cannot lack life when we know that we have it within us. We cannot think of ourselves as having insufficient life when we realize that we are identified with the very life of God.

Those who appear to be lacking in animation and energy are lacking in the consciousness and realization of life. They are without spirit because they are without the consciousness of life inherent in them. They seem to be lifeless because when near them we easily sense that they lack the realization of life.

We increase in consciousness of life as we meditate upon it. As we think about life we identify ourselves with it. We come to know that life—our own life—is unlimited. We realize that our measure of life can be limited only by our own limited thought about it.

You need but direct your thought to the presence of God within you in order to increase your realization of life.

The years of thy life shall be increased.—PROV. 9:11.

THURSDAY, SEPTEMBER 17

*Nothing in all this world can depress me,
because God abides within me as my in-
spiration to joy.*

JOY that is established in the Spirit within us cannot be affected or changed by conditions of the world about us. Things of the world lose their power to take our joy from us when we realize that it is established in Spirit. Other persons cannot depress us when we realize that the Spirit of God abiding within us is the Spirit of our joy.

Do you allow things and circumstances to affect your joy? Have you not realized that your joy is established in God? Nothing in all this world can change your joy when you realize that it is centered in God.

Our lesson on joy today is a challenge to us to look to the Spirit of God within us for our joy. Were we to think of things and persons of the world as having power to make joy for us or deprive us of it, we could not depend upon joy.

Live in the constant realization that within you is God, through whom your joy comes into tangibility. Realize that when you are joyful you are but conscious of the presence of God.

Awake and sing, ye that dwell in the dust.—ISA. 26:19.

FRIDAY, SEPTEMBER 18

God is ever within me and I am ever identified with His blessings of good.

TODAY we meditate upon our oneness with God and His blessings. We are to dismiss from mind all belief in separation from God. We no longer believe that anything in all the world can keep us from identifying ourselves with God and His goodness.

Think often of your relation to God. Cease thinking thoughts that would tend to separate you from Him. Cease to believe that anything in all the world can keep you from knowing your unity with God. In Truth you and God are so interrelated that nothing in all this world can separate you.

Through your consciousness of oneness with God you find your identification with His blessing of good. You realize that your unity with Him cannot be broken except by your own adverse thought. You realize that in Truth you live so close to God that you and He are one through His Spirit.

Let unity be your watchword today. Turn often to God and think of His nearness, of your oneness with Him.

Hail, thou that art highly favored, the Lord is with thee.—LUKE 1:28.

SATURDAY, SEPTEMBER 19

The light of God shining at the heart of my being is the light that guides and directs me in all my ways.

MAN CAME into expression bearing the light of his heavenly Father. This is the light by which God directs him in all his ways. It is the light that guides and inspires him. It is the light of his inspiration. Independent of this light, man cannot go anywhere or do anything. He may not always follow its guidance, nevertheless he has it right at hand when he is willing to follow it.

The light of God is ever with us to reveal to us our highest good. Having this light and being confident of its power to direct us, we have the assurance that we are illumined and enlightened in whatever we undertake. We know that when we are guided by the light of God we cannot be led into adversity of any kind.

The light of God helps us to solve our problems, to give us the information and knowledge we seek. We realize that we have within us the light that can shine through all darkness. This light shining in our consciousness dispels all mental darkness.

While ye have the light, believe on the light.—JOHN 12:36.

AFFIRMATIONS USED BY
SOCIETY OF SILENT UNITY

September 20 to October 19

Illumination

I give attention to omnipresent intelligence, and I know.

Healing

The Spirit of wholeness quickens and heals me.

Prosperity

The Spirit of prosperity fills my mind and overflows into my affairs.

SUNDAY, SEPTEMBER 20

The healing presence of God within me now convinces me that in Him I have perfect health.

IF YOU will but realize that within you is the very presence of God, the presence of your health, you will become whole and well. Your thought about disease will be changed to a consciousness of health as you meditate upon the presence of God. Disease will no longer appear on your body when it no longer appears to your consciousness.

Were we always to remember the presence of God within us as our health, we should not know disease. Were we to keep our thought centered upon the Truth of God, the truth about our health, we should know nothing but health. We can see that God becomes to us our health when we look to Him for health.

In the healing presence of God, we discover that He has made us like unto Himself. In Him we behold ourselves as we exist in Truth. We discover in Truth that nothing untrue of God can be true of us. We realize that in Him we are always whole and well, and we seek to let His presence within us be expressed as the presence of our own health.

[My words are] health to all . . . flesh.—PROV. 4:22.

MONDAY, SEPTEMBER 21

*The wealth of God is shared with me as
He shares with me His consciousness of
wealth.*

DO YOU HAVE a consciousness of prosperity? In the appearance of lack can you behold God's world of plenty ready to come into manifestation? Do you have the inner conviction that in spite of all appearance to the contrary you are one with the very wealth of God? Do you feel that God your Father shares His wealth with you His child?

The study of the Bible, clarified by Truth, shows us that our Father's wealth is ours. We share in all that He has. His wealth becomes ours when we lay hold of it through our consciousness of spiritual possession. We learn to appropriate and use that which the Father sends to us.

Are you lacking something today? You will find your need supplied when you have the consciousness of plenty. No vacuum, no void, can exist in the Father's kingdom. There can be no lack in His presence. You have but to turn to Him to be filled. You cannot experience lack when you realize that there is no lack in His world.

It is your Father's good pleasure to give you the kingdom.—LUKE 12:32.

TUESDAY, SEPTEMBER 22

*Conscious of the power of God, the good,
within me, I no longer believe that any-
thing unlike God has power in my life.*

STUDENTS of Truth early learn that God is in reality the only power. They come to know that anything unlike God cannot have power in Truth. They see that evil, sin, fear, disease, and failure are powerless when viewed from the standpoint of the power of God.

The invalid believes in the power of disease over him. He lives in this belief and in disease until he comes to know that God is all power, the power of his own health. He finds that disease is powerless over him because God as health rules his life completely.

Are you in poor health? You may know from this that you believe in the power of disease. You are not firmly convinced that God is the power of your health against which no adverse belief can prevail. You must become so convinced of the omnipotence of God as the power of your health that you can no longer believe in disease as having power over you. You must give yourself entirely to the power of God.

*With authority he commandeth even the unclean spirits,
and they obey him.—MARK 1:27.*

WEDNESDAY, SEPTEMBER 23

As the temple of the living God my body is filled with His presence.

YOUR VIEW of your body will change as you come to realize that it is the temple of God. If you have previously thought of it simply as the habitation of impurity and disease, you will soon discover in Truth that it is filled with God's presence of life and health.

The temple of God is holy. Nothing impure can abide within it. When we realize this truth, we cease thinking such impure thoughts as would cause impurity and disease to be manifested in the body. Our thought about the body's being God's temple causes us to respect the body instead of condemning it as we might previously have done.

God's presence of life, health, and strength fills His temple, your body. Meditate often upon this truth. In your mind's eye see your body as God's temple. See it filled with His presence. If you can do this, you will be free from every presence of disease. Your dedication of your body to God, your beholding His temple, will cause you to be rewarded a body of health and perfection.

The temple of God is holy, and such are ye.—I COR. 3:17.

THURSDAY, SEPTEMBER 24

*The presence of God within and about me
protects and saves me from all adversity
and danger.*

WHEN YOU are in danger, to whom or to what do you turn? Where do you direct your thought? Do you think of the danger and adverse conditions or do you turn in thought to the presence of God, the presence of safety? Have you discovered that God dwells within and about you, protecting and saving you from danger and disaster?

Man's protection must come first from his consciousness of protection. He must first give up his thoughts of danger and his belief in it. He must rise to a consciousness of Truth in which He finds that God is His security, His refuge, His sanctuary.

No evil can befall you when your thought is upon God and when you trust in Him. That which has appeared to be evil will lose its power to hurt when you are filled with the consciousness of trusting and relying upon God. No adverse condition can exist in your life when you realize that through the presence of God you are saved from all adversity. The presence of God ever infolds you, protects, and delivers you.

Under his wings shalt thou take refuge.—PSALMS 91:4.

FRIDAY, SEPTEMBER 25

The forgiving love of Christ is now expressed in me and I forgive all persons readily and thoroughly.

THE STATEMENT for today recalls to our mind several things. The Spirit of Christ abides within us. Its presence is the power of our forgiveness. We are to let Christ's love be expressed through us. When doing this, we have no difficulty in forgiving those who we believe have offended us. The statement contains considerable material for meditation and application to problems of forgiveness.

Those who have difficulty in forgiving others do not understand the truths contained in this statement. They are unwilling to let the Spirit of Christ work in and through them. They hold thoughts adverse to forgiveness. They are inclined to set themselves mentally against forgiveness.

There is but one way to forgive. That way lies in no longer thinking thoughts that make forgiveness impossible. When we are willing to let Spirit work in us, forgiveness takes place. Forgiveness as far as we are concerned depends upon our not setting up a barrier against the work of Christ.

Her sins, which are many, are forgiven; for she loved much.—LUKE 7:47.

SATURDAY, SEPTEMBER 26

*I live today in the realization that heaven
is ever within and about me.*

IN TRUTH we know that heaven is where the Spirit of God is: within and about man. We realize that in order to identify ourselves with heaven we have but to turn in thought to God. We cannot live apart from the blessings of heaven when we no longer separate ourselves from God.

That which man calls hell is the condition in his experience that he brings about when he thinks in terms of negation and adversity. Whether his experiences are satanic or heavenly depends entirely upon his own thought and conduct. The study of Truth liberates him from his adverse experiences. He realizes that there is no hell in Truth when he ascends into the heavenly consciousness in which there is only God and heaven. There is hell for the person who thinks hellish thoughts but only heaven for him who knows Truth and God.

Living in the consciousness of Truth, we live in a state of heaven. Nothing unlike heaven can come into our experience when our whole thought is centered upon heaven. We cannot escape living in heaven when we live in the presence of God.

The kingdom of heaven is at hand.—MATT. 4:17.

SUNDAY, SEPTEMBER 27

*When I pray I realize that I am one with
God and His blessings.*

PRAYER is the means at man's disposal by which he realizes his oneness with God and all good. As he prays he feels a nearness to God. He loses sight of that which has appeared to be adverse and limited. He realizes that through prayer he is introduced to those blessings which are his as a child of God.

Do not pray in the sense of asking for something. Pray feeling that you are appropriating some good. Pray feeling that God is taking the opportunity to satisfy your desire for good and to fulfill your needs. Pray in the positive and absolute consciousness that God is willing and ready to give you whatever you need and desire.

Those who beseech and implore God when they pray seldom have their prayers answered, because they do not understand the true character of prayer. They should be taught that God is ever directing their good to them and that they have but to appropriate and lay hold of this good in prayer. They must realize that prayer is a communion between God and man.

The prayer of faith shall save him.—JAMES 5:15.

MONDAY, SEPTEMBER 28

I relax mentally and physically because my mind is free from every thought of tension.

IN ORDER to get free from tension we have to relieve our mind of every thought that would produce it. There will be no tension in the body when there is no longer a tension-producing thought in mind. Metaphysical treatment helps us to relax mentally and physically because it helps to set us free from tense thoughts.

When we hold thoughts that produce tension, their effect is felt throughout the organism. We cannot relax as long as we hold such thoughts. Our physical relaxation depends upon freedom from thoughts of anxiety, resistance, fear, and combativeness. We need to entertain thoughts of peace, joy, faith, and good will in order to feel relaxed in mind and in body.

Many persons assure themselves of relaxation by having regular periods for prayer, silence, and relaxation every day. They take affirmations that help relieve tension and cause peace and relaxation in mind and in body. Our affirmation for today is good for this purpose. Often during the day we can use it to advantage.

Ye shall find rest for your souls.—JER. 6:16.

TUESDAY, SEPTEMBER 29

I realize that the blessings of God can come to me at this present moment as well as at any future time.

NEVER THINK that your good can come to you only in the future. To think in this way is to push your good further away from you. To believe that the blessing you seek exists in your tomorrow places it where you never reach it. You need to know that today is the time of fulfillment. The present moment is the best of all for realizing that the goodness of God is yours to enjoy.

Man's belief in time and delay has always worked against him. This belief has delayed the answer to his prayer. The belief has caused him to be denied the blessing that should be his right here and now. He thinks that a period of time must elapse between the hour of prayer and the hour when God answers his prayer. The length of time depends upon his spiritual understanding. The time is shortened as he grows in understanding and the knowledge of true prayer.

Do not put a time limit upon the blessing you seek. Realize that the good is yours to enjoy here and now.

The time is fulfilled.—MARK 1:15.

WEDNESDAY, SEPTEMBER 30

My every thought is turned to the presence of Christ within me, the source of every blessing.

IN THE study of practical Christianity, we give considerable thought to the presence of the Spirit of Christ within us. We realize that this is the divine part of our nature. We know that through Christ comes whatever blessing we seek. We realize that Christ is the source of every good that comes into our life.

Many persons are so engrossed in adversity that they do not know how to turn to Christ. Evil is so real to them that they have not found the reality of Christ within them. They need to take their thought off the limitations in their life and direct it to the presence of Christ.

Christ in you is that manifestation of your Father which is made tangible to you as wisdom, peace, joy, love, courage, health, and plenty. Christ is the manifestation of the universal God that is accessible to man for man's needs. Christ is that divinity which Jesus shares with you as brother and companion.

Christ in you, the hope of glory.—COL. 1:27.

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"Lessons in Truth" Week

September 7 to 12

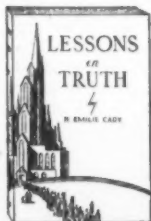
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*To speak, to sing
Of loving-kindness,
Of Christ within
As light divine
Is estimable and fine,
But to bestow
Loving-kindness always
And to let Christ
Shine forth as the sun
Is holier work done.*

